

HEALTH MATTERS

Well, I'm trying to keep my New Year's resolution which, as always, is 'exercise more regularly; eat more healthily'. I'm struggling to find time at the moment, as I've lots of DIY jobs to finish. The trouble is, having looked at my garden, I've tons of work to do to bring it back up to scratch. How about you, are you in the same boat?

I think most of us know that regular exercise is key to staying healthy. But have you ever wondered why?

Well, it's all about blood! Blood carries oxygen and nutrients throughout our body, and is vital for proper function and repair. And just like a car exhaust, every cell in our body produces toxic waste which must be removed, and it's our blood that does it. And when we catch a bug, it's blood that transports the protective antibodies to fight it off. So you can see just how important blood is...

Of course, blood needs a pump to get it round our body and that's where the heart comes in. The heart is a muscle and, just like any other muscle, needs exercise to keep it fit. Regular exercise, in combination with a balanced diet, helps maintain a healthy weight. The more unnecessary weight we carry, the harder the heart has to work. Exercise also helps keep arteries clear of fatty deposits by reducing levels of 'bad' LDL-cholesterol and increasing 'good' HDL-cholesterol. Fatty deposits make it harder for blood to flow (high blood pressure) and so make the heart work far too hard. And if we work the heart too hard for too long, then we risk damaging it!

Hopefully you're now convinced that regular exercise is an important part of a healthy lifestyle. But exercise does not need to be high-speed or high impact; walking, gardening, swimming or cycling are all great forms of exercise. But it's important to use common sense. Build up the amount of exercise you are doing gradually! Always warm up first and cool down afterwards by doing your chosen activity at a lower level. This will reduce muscle soreness and reduce risk of injury to tight muscles when you next exercise.

(Stephen Hudson)

The Ashfield Practice

NEWSLETTER – SPRING 2010

Well, after a very cold winter, there are signs that spring is upon us. The snowdrops at the front of our practice are still looking beautiful, and the daffodils are poking their heads through the soil.



There have also been some recent additions to our experienced team of therapists, so it seemed an appropriate time to put together a newsletter bringing you up-to-date with the wide range of therapies that we can now offer to people of all ages.

OUR THERAPIES

- Osteopathy & Cranial Osteopathy
- Acupuncture & Acu-stones
- Sports & Remedial Massage
- Reflexology
- Thai Yoga Massage
- Counselling
- Medical Herbalism
- Homeopathy
- Nutritional Advice
- Clinical Hypnotherapy

If you suffer from...

arthritic & rheumatic pain
joint & muscle problems
irritable bowel syndrome
headaches & migraines
asthma & hay-fever
digestive disorders
stress & anxiety
glue ear

infantile colic
high blood pressure
back pain and sciatica
heart & circulation problems
post operative care & pain control
chronic infections & post-viral fatigue
infertility, hormonal & menstrual disorders
need help with weight loss & giving up smoking

...we may be able to help you.

22 Ashfield Road Chippenham SN15 1QQ
Tel: 01249 659749

MEET THE TEAM



Stephen Hudson (Registered Osteopath)

Stephen is a graduate of the British School of Osteopathy and has experience of treating babies, children and adults of all ages with a wide range of problems. He uses a combination of structural, visceral and cranial osteopathic techniques, which he tailors to meet each individual's needs.

Holly Aragon (Acupuncturist & Acu-Stones Practitioner)

Holly is a graduate of the College of Traditional Acupuncture. Over the years, she has worked closely with doctors, midwives, physiotherapists, nurses, as well as osteopaths, herbalists and chiropractors. Holly has particular interests in the causes of infertility and the well-being of arthritis sufferers.



Ann Brennan (Medical Herbalist & Nutritional Consultant)

Ann is a Member of the National Institute of Medical Herbalists (MNIMH). During her course, she studied orthodox medical science including anatomy, physiology, pathology, biochemistry, pharmacology, clinical methods and differential diagnosis, nutrition and medical laboratory science. Ann has experience of treating a wide range of conditions. She is also a Nutritional Consultant.



Clara Sansom (Receptionist)

I'm sure that many of you have already spoken to our professional and helpful receptionist Clara. She is happy to provide you with information on availability and fees for our team of therapists, and to make appointments for you.

MEET THE TEAM



Alison Pryke (Sports & Remedial Massage Therapist)

Alison has been a practising Sports and Remedial Massage Therapist for a number of years. In addition to sports-related and over-use injuries, Alison has also worked with people with degenerative conditions such as multiple sclerosis and Parkinson's disease.

Susie Barrington (Counsellor)

Susie is a Member of the British Association of Counselling and Psychotherapy and practises as a counsellor in Bristol and Chippenham. Susie uses a person-centred approach to provide a safe and confidential space for clients to explore the concerns and difficulties they are experiencing.



Eileen Ford-Price (Reflexologist & Thai Yoga Massage Therapist)

Eileen is a Member of the Association of Reflexologists, and the A.R.T. Register of Advanced Reflexologists, an Authorised Member of the Vertical Reflex Therapy network and a qualified Maternity Reflexology practitioner. She is an Advanced Thai Yoga Massage practitioner, including Thai Yoga Massage in Pregnancy.

Alison Fixsen (Homeopath & Nutrition Advisor)

Alison is an experienced homeopath and nutritional advisor. In addition to working at the Ashfield Practice, she runs a busy family practice in Heddington with her husband Chris. Alison teaches homeopathy and supervises at 2 leading UK colleges. She has also studied natural nutrition for 3 years.

Judith Hall (Hypnotherapist, Stress Management Coach & Trainer)

Judith Hall holds the *Diploma in Hypnotherapy and Psychotherapy* (DHP) from the Clifton Practice School of Hypnotherapy. In addition, she holds the nationally accredited *Hypnotherapy Practitioners Diploma* (HPD).

HAVE YOU SEEN OUR WEBSITE?

www.ashfieldpractice.co.uk